



Course: Fitness and Conditioning 11

Welcome to Fitness and Conditioning 11! The purpose of this course is to explore how the understanding of motor movements and body mechanics translate into the practical application of correct training methods leading to an increase in physical abilities and confidence.

Course Description: Students will know:

- Participate daily in physical activities designed to enhance and maintain health components of fitness
- Identify, apply, and reflect on strategies used to pursue personal fitness goals
- Identify and describe the relationships between healthy eating, overall health, and performance in fitness activities
- Develop and demonstrate appropriate exercise techniques for a variety of fitness activities
- Create and implement a personalized fitness program

Big Ideas: By the end of this course, students will understand:

- Our personal fitness can be maintained or enhanced through participation in a variety of activities at different intensity levels.
- Knowing how our bodies move, and function helps us stay safe during exercise.
- Following proper training guidelines and techniques can help us reach our health and fitness goals.
- Making healthy choices can help us reach our health and fitness goals.

Core Competencies:

Communication

Students engage in informal and structured conversations in which they listen, contribute, develop understanding and relationships, and learn to consider diverse perspectives.

Thinking

Students learn to engage in inquiry when they identify and investigate questions, challenges, key issues, or problematic situations in their studies, lives, and communities and in the media. They develop and refine questions; create and carry out plans; gather, interpret, and synthesize information and evidence; and reflect to draw reasoned conclusions.

Personal & Social

Students build and maintain diverse, positive peer and intergenerational relationships. They are aware and respectful of others' needs and feelings and share their own in appropriate ways. They adjust their words and actions to care for their relationships.

Assessment:

Formative (30%)

- Peer Assessments
- Quizzes
- Assignments
- Warm up + Cool Downs



Summative: (70%)

- Anatomy Test
- Workout Plan
- Healthy Cafeteria Food Presentation
- Healthy Living Habits Presentation
- Drug Enhancement Presentation

With respects to the First People's Principles of Learning, students may be alternatively assessed in ways that people can display knowledge and subject mastery. The alternative assessment can be storytelling, art or other expressions of self, knowing and learning.

- Learning involves recognizing the consequences of one's actions.
- Learning involves generational roles and responsibilities.

Expectations: Attendance in the classroom is mandatory. Students are expected to use their electronics responsibly, speak English, and participate in daily activities. Students will take an active role by discussing, doing work, working in partners or groups, and taking notes. Students are responsible for any missed assignments. Students also need to bring appropriate clothes to exercise in and a water bottle.

Week	Topics Covered	• Assignments
1-2 Unit 1- Intro	<ul style="list-style-type: none">• Safety Etiquette• Skeletal System• Muscular and Cardiovascular System	<ul style="list-style-type: none">• Safety Quiz• Anatomy Quiz• Body Dance (flexion/extension)<ul style="list-style-type: none">○ Anatomy Test
Week 3-6 Unit 2- Training Principles and Measuring Success	<ul style="list-style-type: none">• Pre -testing• Training Principles• Methods of Measuring Effort• Goal Setting (SMART)• Signs of Overdoing it	<ul style="list-style-type: none">• SMART goals presentation• Health Test (AMRAP Squats, push-ups, jump height test etc)• Lead Warm Up and Cool Down
Week 7-9 Unit 3 Muscles and Movement Patterns	<ul style="list-style-type: none">• Muscles of the Body• Movement Patterns of the Body• What exercises work which muscle groups• Different Workout Options	<ul style="list-style-type: none">• Create Your Own Workout• Peer Assessment• Self-Reflection



Week 10-12 Unit 4 Nutrition and Hydration	<ul style="list-style-type: none">• Canadian Food Guide• Carbohydrates, Fats, Proteins, Fiber, Vitamins, Minerals• SAP and SAPF• Processed vs. Unprocessed food• Sugar Consumption Recommendations• Strategies to move towards a more balanced diet• Creation of own food diary and implementation of balanced diet knowledge	<ul style="list-style-type: none">• Healthy Cafeteria Food Presentation• Nutrition Assignments• Nutrition Test
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